During the sugar short ge, sugars were rushed here from all parts of the world. Some were dark colored some coarse grained-many of questionable quality But then, as now, women knew that Domino Cane Sugars are of only one quality the best that can be had in sugars. American Sugar Refining Company Sweeten it with Domino" ranulated, Tablet, Powdered, Confestioners, Brown, Golden Syrup.

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likewise will visit them with mine letters".

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#### NEW SPORT COATS OF LEATHER

BY ANNE RITTENHOUSE.

During the war the leather jacket were turned into miny day appare became almost a mark of distinction. It was a part of that somewhat they were far too warm for comfort. It was a part of that somewhat Then there came a slump in the fashion. Discerning women would have nothing to do with leather garsentimental costumery that linked a ments and they rather shunned the fabric for so slight a thing as trim-ming. Now the pendulum has swung back to leather coats. The new idea

is to use them for sports.

There is much to be said against them in that field, if the wearer is to go in for the actual playing of games. They do not absorb moisture and this is decidedly against them. Flannel is by far the best fabric for sports because of its ability If the leather jacket is to be a

purely ornamental feature of the landscape in the open on a sum-mer's day, then wear it by all means. t is excessively decorative. When ty of any costume. The designers of these sport gar

ments have followed the trickery of the season in placing lines of stitchery over the surface either in squares or diamonds. Or they restrain them-selves, and merely place lines of stitching at all edges. They do not leave the surface plain and unadorned. That's certain.

Look at the coat in the sketch. It

is of bright blue leather stitched with gray. It is double-breasted, is minus

gray. It is double-breasted, is minus fastenings, has a rippling peplum effect below the belt, long sleeves and a wide collar with revers.

The belt is of gray leather matched by the shoes and stockings Gray shoes for sports are widely accepted, you know; they carry off the honors from black and brown, from white and beige, from canvas, buckskin and calf. Many of them seem foolish with their high Spanish heels. foolish with their high Spanish heels, but one just throws up the hands in despair when any reform in shoes is mentioned. Nearly everything is fashionable, but the right thing. Back to leather. It is rather strange that the preference is given to coats of it and not to skirts, which s the other way around from the ashion of two seasons ago, when

fashion of two seasons ago, when brown and white leather skirts were smart on golf links of southern resorts in the winter.

The skirts built by the big houses for leather coats are of loosely woven homespun. Plaid is chosen by the young and plain surfaces by those who should avoid design. There is slight regard shown by conservative women for the bright plaids. They prefer a one-color stripe, which forms large onen squares.

with the service in the rear.

After the armistice these jackets matching the shoes.

transparent and until two drops will form at once on the edge of a spoor when a little of the hot marmalade

is taken from the kettle and drippe

and burn; it must be stirred often

to prevent this.
Raisin Oatmeal Macaroons.—Beat
two unseparated eggs well and add

to them one cup granulated sugar, stirring gently. Then add one ta-blespoon melted butter, one teaspoon

vanilla, one cup chopped uncooked raisins and two cups uncooked rolled oats. Drop by teaspoonfuls on a greased pan and bake until a golden brown in a moderate oven.

# Litticient If the orange skins break before you

Surprises for the Lunch Box. In the spring and early summer, can grate all the yellow and white more than at any other time of the year, the carried-lunch box should contain surprises that act as appetizers. For now, when the human system must adapt itself to warmer weather, the appetite of the hard weather, the appetite of the hard weather is any to be indifferent and the grant and the years and white part off, then you can cut off what remains and chop it finely by hand, adding it to the mixture. Next add three cups of granulated sugar and set all aside to stand over night, to improve the flavor (the flavors become well blended by this long standing). In the morning put the mixture in a galvanized iron kettle and

weather, the appetite of the nard worker is apt to be indifferent and should be coaxed with a few dainties which come as a surprise. Try some of the following in the lunch box you are filling: you are filling: Tomato Skin Stuffed With Fruit.— Select a large, ripe but firm tomato.
Cut a small piece out of the top,
scoop out the interior (saving it for

scoop out the interior (saving it for soup) and fill the empty skin with chopped apple and a few cooked raisins mixed with either boiled or mayonnaise salad dressing (use only enough to moisten the fruit. Some of the bottled dressings on the market are very good to use when one is in a hurry). Put the top "plug" in again and wrap the tomato in oiled paper to pack.

Spiced Stuffed Beet.—Cook a large beet in water to which has been added a tablespoon or two of vinegar and a clove. When tender, drain and scoop out the center from a small to the kettle. (This will be after about two and a half, or three, bours of boiling.) When this stage is reached, pour the hot marmalade into clean half-pint-size jelly glasses or into anything you like) which have just been rinsed out with hot water (a cold glass is apt to crack when a hot thing is poured into it). Do not bother to cover with parafin, as it is to be eaten at once. Care should be taken at the end of the boiling that the thick marmalade into clean half-pint-size jelly glasses is reached, pour the hot marmalade into clean half-pint-size jelly glasses when just been rinsed out with hot water (a cold glass is apt to crack when a hot thing is poured into it.)

On not bother to cover with parafin, as it is to be eaten at once. Care should be taken at the end of the boiling that the thick marmalade into clean half-pint-size jelly glasses is reached, pour the hot marmalade into clean half-pint-size jelly glasses.

Care should be taken at the end of the boiling that the thick marmalade into clean half-pint-size jelly glasses.

a clove. When tender, drain and scoop out the center from a small hole made in the top. Mix this beet-center with an equal portion of banana cut into small pieces; add just enough salad dressing to moisten, as above, and fill the beet with this mixture, wrapping it in oiled paper to nack.

Carrot Marmalade.—This is inex-pensive and is fine to spread on bread, as sandwiches (and especially good for one to eat in the spring). Scrape two pounds of raw carrots and put them through a food chopper or chop them finely by hand. (There should be about one quart of this chopped carrot from two pounds of raw.) Now add the grated rind and juice of two lemons and two oranges, being sure to get all the thick white part beneath the yellow skin, for this white part contains the "pectin" which makes the marmalade thicken.

Carrots and Spinach.

Carrots and spinach make a nice entree. Peel three carrots and cut into two-inch lengths. Boil in salted water until tender, drain, cut the center from each, mix four table-spoonfuls of chopped cooked chicken. two tablespoonfuls of chopped cooked ham, one tablespoonful of bread crumbs, one teaspoonful of chopped parsley, one tablespoon of white sauce and one egg yolk. Season with salt, pepper and nutmeg; cook until hot. Fill the cavities of the carrots with this mixture, place in buttered pans and bake for fifteen minutes. Arrange two cups of hot minutes. Arrange two cups of hot chopped cooked spinach in the shape of a pyramid on a hot dish, season and surround with baked carrots. Decorate with onion and pour a hot gravy around gravy around.

Skewered Smelts.

Smelts skewered in rings, using a wooden toothpick to hold the heads and tails together, dipped in milk well floured and fried in deep fat, make an attractive fish course. The skewers can be removed before serving, as the fish will usually keep their shape. Garnish the plate on which the fish are served with cress and slices of lemon rolled in finely minced parsley. If the smelts are to furnish the main part of the meal, pile them in the center of a hot platter and surround them with a border of mashed potato, or mound the potato and encircle with the fish for a border

Lentil and Onion Croquettes.

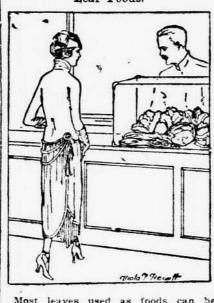
Soak overnight one large cup of dried lentils. In the morning drain, and two cups of water, stalk of celery, small carrot sliced and two or three sprigs of chopped parsley. Cook until soft, then remov the seasonings and rub through a sieve, stirring in a cup of thick onion stewed and put through a sieve, one cup of soft bread crumbs, sait and pepper to taste and one or two beaten eggs. Flour your hands, form the mixture into small pyramids and place them where they will get thoroughly chilled, then roll in egg and bread crumbs and cook to a golden brown in deep fat. Serve with a

Prices realized on Swift & Co. sales of carease beef in Washington for week ending Saturday, April 23, 1921, on shipments sold out, ranged from 15 cents to 19 cents per pound, and averaged 16.74 cents per pound.—

HOME ECONOMICS.

BY MRS. ELIZABETH KENT.

Leaf Foods.



plements the deficiency of such grain

The leaf of a plant is rich in cellular structure, but contains little reserve food material, whereas the grain of a plant is just the other way, consisting mostly of reserve, inorganic food in the endosperm, and of only some of the imendosperm, and of only some of the important dietary factors, known chemically as. "water-soluble B" and "fatsoluble A" in the germ. Moreover, the grains we eat are very often robbed of the germ, and we do not get even that supply, small as it is, to supplement the deficiency of the endosperm.

The leaf of a plant gets carbonic acid

gas from air and water and mineral salts from the solid through its roots, and so builds up proteins, starches, sugar and fats, which are used either to grow more leaves or for storage in the seed or tuber. When we eat leaves, therefore, we eat really a mosaic of liv-ing cells which contain all the chemical SPORT SUIT WITH BRIGHT BLUE LEATHER JACKET. DOUBLE-BREASTED, EDGED WITH GRAY STITCHERY. BLUE AND GRAY HOMESPUN SKIRT.

woman up with the fighting lines or with the service in the rear.

\*\*After the armistice these inackets\*\*

In all these new sport skirts there is no evidence of the struggle between the long and short lengths. The battle line does not reach into this field. Skirts are frankly and unequivocally short. They are intended to show the new thin type of woolen stocking in wood colors, or matching the shoes.

In all these new sport skirts there is good in combinations necessary for the nutrition of aimal life. In quality, leaves are complete foods, but in quantity, human beings, and, indeed animals, need more than leaves supply. This quantity they can get from grains. Grain is good food, but needs to be supplemented by the vital ash wealth of the leaf foods. (Copyright, 1921.)

Onions Baked in Ramekins.

Parboil twelve onions, then drain and chop them. Blend over the fire two tablespoonfuls of butter with two tablespoonfuls of flour. Season with salt and pepper, add a cup and a half of milk, four tablespoonfuls of bread and the tablespoonfuls. and two tablespoonfuls of chopped parsley, boil for five minutes, add the eaten whites of two eggs and bake in amekin dishes for thirty minutes in a

Rice Loaf With Salmon.

Line a slightly buttered bread pan Line a slightly buttered bread pan or quart mold with warm steamed rice, having walls from three-fourths to one inch thick. Fill the center with cold, boiled salmon, flaked and moistened with egg sauce. Cover with rice, set in a pan of hot water, cover with buttered paper and bake one hour. Turn onto a hot platter, pour around egg sauce and garnish with slices of hard-boiled egg and eggs stuffed with parsley.

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#### Slender Ankles.

reducing fat ankles by sweating off the flesh and by massaging very vigorously to break up and scatter the fatty deposits. They also advocate,

part of their work, perhaps. Without going into too many scientific details about it, there are certain little muscles and ligaments running up the back of the ankle which swell when the system has been feet the system has been feet to be the syste

Most leaves used as foods can be classed together, for they resemble one another in their dietary properties. Recent investigation by McCollum and his colleagues shows that dried leaf food contains from three to five times as mush ash constituent as grain food, and shows the part in the body.

Of course, salt does not always account for thick ankles. Look at yours, and decide whether that little part in the back is slender or fat always especially rich in just those elements in which grain is poor, namely, calcium, sodium and chlorine. It eliminate salt from your food; some follows that in a diet the leaf food supplements, the deficiency of such grain plements the deficiency of such grain foods as wheat, oatmeal, rice and the flesh all over the body may be a realike.

If this is not the cause, too much flesh all over the body may be a realise.

In that event, reduce. Mean-

the saem manner as washing

The suggestion of soapy water. Slender Ankles.

In England they have a process of sure we are all grateful to her for it

#### Cakes and Puddings

Special Cheese Tarts. as some of our beauty parlors here made by mixing two cups of cottage do, wearing snug rubber strappings cheese with four tablespoons of whiparound the ankles as a means of reduction.

One of the nicest cheese tarts is made by mixing two cups of cottage cheese with four tablespoons seedless raisins, two egg yolks, four tablespoons powdered sugar, quarter teaments. of the nicest cheese tarts Now, do you happen to know that spoon powdered cinnamon and eating too much salt sometimes causes thick ankles. A great many dectors do not even know that. But the best chiropodists do—that being part of their work, perhaps. Without going into too many scientific a moderate oven twenty minutes.

when the system has been much salt.

Take your hand and feel the heel of your bare foot. Now run the fingers up the ankle, pressing in on the soft part between the stiffest ligament and the ankle bone. This part is usually very slender, it "goes in," giving a trim shape to the ankle. This is the part that, according to chiropodists, swells when there is the part that, according to thiropodists, swells when there is the part that, according to thiropodists, swells when there is the part that, according to the part that the part t

Old Style Orange Pudding.

An old very fine orange pudding is made by sifting together two cups of flour, two teaspoons baking powder. of salt or not. Don't, in any case, eliminate salt from your food; some is necessary as well as tasty, only don't overdo it.

If this is not the cause, too much flesh all over the body may be a reason. In that event, reduce. Meantime, wear high shoes, laced in snugly. These will help immensely in making the ankles slender.

From a correspondent comes a novel suggestion for cleaning hairbrushes. She states that she uses a washboard either in the stationary tubs or the bathtub, to avoid being splashed. She uses a bar of soap on the ridges of the washboard and proceeds to rub the bristles of the brush back and forth over the board, in the saem manner as washing on the ridges manner as washing of the old recipes that improves with

in the saem manner as washing clothing.

She claims that the work is accomplished more quickly and better than the ordinary way of scrubbing the bristles with the fingertips and avoids all the unpleasant scattering one cup bread crumbs, one cup seed-

with lemon custard sauce. Brown Betty.

less raisins, one teaspoon lemon juice and bake forty-five minutes in a slow oven uncover and brown. Serve hot mixture in a well-greased pudding with hard and lemon sauce, or cold mold and steam two hours. Serve with cream and jelly.

Bean Muffins.

Mix well two tablespoons of melted butter and two cups of fresh bread crumbs. Mix one-half cup of sugar with two cups chopped apples, one cup chopped seeded raisins, one teaspoon cinnamon and a quarter teaspoon cloves. Put a layer of crumbs in the bottom of a baking dish, cover in the bottom of a baking dish, cover with a layer of the apple mixture and alternate until all are used; have the last layer of crumbs. Cover tight.

Bean Muffins.

Combine two eggs well beaten with case one cup of cold-boild bean pulp, one-half cup of mike, one-third cup of meltender for four and two teaspoonfuls of baking powder. Bake the muffins in greased muffin pans for twenty minutes. These muffins make a good border for a pot roast served with brown the last layer of crumbs. the last layer of crumbs. Cover tight grav.y

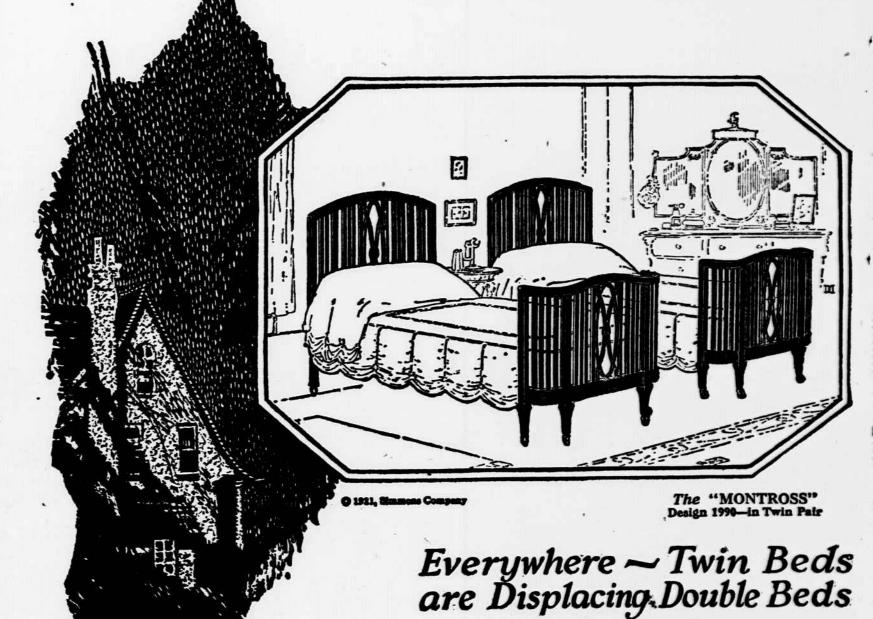


### Just press the pedal and—

up comes the tub, out drains the water, and the tub begins to whirl the clothes dry. In one minute they are ready for the line. This method of drying saves buttons and fasteners. It keeps the hands soft and white-they never need touch the water. The Laun-Dry-Ette is the electric washing machine that makes Monday fun day. We'll be glad to demonstrate. Phone us.

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